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SPRING SPORTS PREVIEW '10



TRACK
TENNIS
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TRACK

'Cats look to carry over indoor successes

By Jason Lawrence
 Sports Editor

The Bearcats are ready for a breakout outdoor season after having seven athletes make the national meet last season, and four make the indoor meet this year.

"We want to have even more National qualifiers," head coach Scott Lorek said. "We want to get more competitive within our league, and I'm just looking forward to the whole thing. We're definitely more of an outdoor team, so now we're really going to head in to what is more of our season."

Seniors Ben McKim and Emily Churchman, and sophomores Tyler Shaw and Angela Adams all made the National indoor meet, and

Lorek is expecting them to do the same in the outdoor season.

McKim and Shaw are returning All-Americans after McKim claimed the National runner-up spot in the shot put, and Shaw placed fourth in the 110-meter hurdles.

"For discus and hammer, I want to make the National meet," McKim said. "For shot put, because it's my favorite, I want to improve. I was second last year and you always want to shoot for first. I'm hoping just to get better and to the point where I maybe compete for first in the nation."

With a few key athletes still on the mend, Lorek is expecting others to step up in their absence.

"Boy there's a lot," Lorek said. "Just all of them. I think

we have a lot of women's distance runners that can stand out. I'm looking for our men's distance runners to come through in the outdoor season. I think we have some guys that can do it; they're kind of unheard of indoors, but we're going to change that. We've got a few surprises for the rest of the league."

Lorek said that one of the big differences between indoor and outdoor is that it is easier for athletes to stay healthy once they get outside.

"We've had to modify training so much," Lorek said. "From an injury stand point, I'm looking forward to getting outside. Also, we can do more with our training. It's all weather related, but it makes a big difference because

of all the modifications we have to make in January and February just to get through the season."

The Bearcats open up the outdoor season March 20 at the Tulsa Invitational in Tulsa, Okla.

Before they can head to Tulsa, a trip to New Mexico is needed to determine how many All-Americans Northwest will be sending to Oklahoma.

McKim has big goals set for himself to finish off his outdoor career.

"First thing is, I want to break 60 (feet)," McKim said. "I'm three inches away. Of course, I want to be an All-American. That's what I hope to be. I want to go down and compete. It's elevated there. Everyone's a lot better."



file photo

SOPHOMORE JUMPER MARTELL Love competes in the long jump during the Jock's Nitch Northwest open at Herschel Neil Track. Four athletes have made the National indoor meet this season.



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NW TENNIS

SENIOR FELLPE GENNARI swings for the ball at Frank Grube Courts against Southwest Baptist last year. The men's and women's home opener was against Ferris State at 2 p.m. on Wednesday.



file photo

'Cats start season off with road win

By Jon Brown
Missourian Reporter

The men's and women's tennis teams are back in action as they opened their season's on Friday in Topeka, Kan.

The men's team won both games against Nebraska-Kearney and Newman.

The 'Cats beat Nebraska-Kearney 8-1, and then went on to beat Newman 5-2.

"The men's team is ranked 24th in the country," head coach Mark Rosewell said. "Our goals are to win the Conference tournament, Regional tournament, and go on to the National tournament. We have a young man ranked 44th in the nation, and a doubles team that is regionally ranked."

The men's team lost last season's No. 1 player, Daniel Usieto,

who was ranked as high as 22nd nationally with doubles partner Vijit Sehgal, and ranked 39th nationally in singles play.

"He was a very good player," Rosewell said. "He is our assistant coach now so he will stick around and help all of the players out."

The men's team travels to Marshall, Mo., Tuesday to take on Missouri Valley.

The men's team had their home opener at 2 p.m. on Wednesday against Ferris State. Results were not available as of press time.

The women's team only played one game on Friday and won 6-2 over Newman.

"We are the defending Regional champions and we're hoping to win that again," Rosewell said. "We're ranked and we would also like to win the Con-

HOME GAMES

- March 13 vs. Missouri-St. Louis at 10 a.m.
- March 14 vs. Drury at 11 a.m.
- March 16 vs. Missouri-Kansas City at 3 p.m.
- April 11 vs. Baker at 11 a.m.
- April 18 vs. Truman at 12 p.m.

ference tournament, Regional tournament, and also go on to the National tournament.

"I am expecting sophomore Ericka Leston, senior Veronica Castilla and senior Lisa Pendrak to show a lot of leadership," Rosewell said.

The women's team also played Ferris State at 2 p.m. Wednesday for their home opener.



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NW SOFTBALL



file photo

SENIOR INFIELDER ERIN Leslie drives the ball into the ground against an opposing team in the 2009 season. Leslie is Northwest's all-time leading scorer.

'Cats look to gain confidence

By Brian Bosiljevac
Univ. Sports Editor

The Bearcat softball team looks to gain experience and confidence for its nine freshmen as the 'Cats head toward conference play.

"We start five freshmen, sometimes six including the pitcher," head coach Ryan Anderson said. "The more we play, the more it's going to help. Right now we just need confidence."

One freshman is really starting to settle in for the 'Cats. That's pitcher Jenna Cregger.

Cregger pitched the 'Cats first no-hitter since 2006 in a tournament game against Oklahoma Panhandle State.

"With all of our pitchers, just being on dirt makes them more comfortable," Anderson said. "When we are pitching here, we are on a perfectly flat surface. Then we go to these tournaments and we're pitching on dirt and with holes. We've just got to get use to that again."

The 'Cats have competed in four tournaments so far this season, and take an 8-9 record into their next tournament.

"These games are huge, especially with us being so young," Anderson said. "We've got to work out the kinks, gain some momentum and gain some confidence going into conference play. In conference, it doesn't mat-

ter who you're going to play because you can get beat by anyone. We've got to get ready for that."

With all the new faces on the 'Cats' roster, it's always nice to have some veteran leadership on the field.

Senior Erin Leslie has stepped up for the 'Cats in record-breaking fashion to kick-off the 2010 season. Leslie became Northwest's all-time leading scorer after she scored three times against Northeastern State. She's crossed the plate 128 times in her career.

Northwest will return to action on Saturday and Sunday. The 'Cats will head to St. Joseph, Mo., for the Missouri Western Tournament.

NW BASEBALL

Bearcats start season with first 21 games away from home, look to harness their potential

By Isaac Freeman
Missourian Reporter

When a new season starts, everybody has their mind set on success. That is no different for the 2010 Bearcat baseball team.

Last season, the Cats' finished the season two games under .500 (24-26), and five wins short of an even record in conference play

(15-20).

This season will be a challenge from the beginning; the first 21 games are on the road, and it will be hard to get any practices in on an actual baseball field because of the snow on the ground.

Head coach Darin Loe is still optimistic about his team's season and their potential. Although they have been bitten by

the injury bug already, and have been forced to have as many as five freshmen on the field in the early part of the season, Loe has stressed the importance of consistent play.

"There are going to be individuals that have great seasons, but ultimately we need to play well as a team each game," Loe said.

A few players to keep an eye on throughout the season are junior pitchers, Chris Green and Jeremy Tate. Both had solid outings in the early parts of the season.

Tate threw a complete-game, two-hitter in a win against Missouri S&T in his second start of the season.

Green threw a complete-game, no-hitter, also in his second

start, against Arkansas Tech; another Bearcat victory.

In the field, senior outfielder Brandon Kirsch has a .364 batting average and senior catcher/designated hitter Landinn Echardt is batting .297.

The first home game is scheduled for 2 p.m., March 19 as the Bearcats open a series against Missouri Southern.

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MHS BASEBALL

SENIOR SHORT-STOP NIC Mattson attempts to turn a double play in a game last season. The 'Hounds look to rebound for a 3-10 season.



file photo

New head coach gives Spoofhounds fresh start

By Austin Wear
Missourian Reporter

After a disappointing season last year, the Spoofhound baseball team is beginning a new era.

They have new uniforms, a new field and a new head coach.

Tom Scarbrough takes over as head coach with a bright outlook on this season, and the years ahead.

"This year's team is going to be a lot of fun," Scarbrough said. "They are a lot of good guys."

The team finished last year with a disappointing 3-10 record. The team lost five or six seniors last season and only has two seniors this year, according to Scarbrough.

They will rely on their youth to produce big numbers.

"They are going to have to really step up a little bit," Scarbrough said. "And it is a great experience for them."

Most of the pressure, however, will be on the 'Hound's senior pitcher T.J. Stevens. He currently has a slight back injury, but hopes to be healed soon.

"[Stevens] is probably going to be the nucleus of the team," Scarbrough said. "We are going to bring him along slowly, and nurse his back a little bit."

The Spoofhounds' offense will be led by senior shortstop Nic Mattson, catcher Peyton Scarbrough and pitcher/outfielder Michael Butler.

All four players are returning starters, and Scarbrough believes those players will play a vital role in bringing the young players along in varsity baseball.

Scarbrough is really excited for the upcoming season. With the youthful energy coming from the new players, mixed with the experience of the returning starters, he believes the 'Hounds can win now, and even more in the future.

"In high school baseball, especially in our area, you can sneak up and beat anybody at anytime," Scarbrough said. "That's baseball in northwest Missouri."

The 'Hounds' first game is March 23 against reigning District champion, Savannah. The game starts at 4:30 p.m. in Savannah.

Home Schedule

- March 25 vs. Lincoln Prep, 4:30 p.m.
- March 29 vs. Benton, 4:30 p.m.
- April 1 vs. Lafayette, 4:30 p.m.
- April 13 vs. Chillicothe, 4:30 p.m.
- April 15 vs. Savannah, 4:30 p.m.
- May 6 vs. Smithville, 4:30 p.m.
- May 7 vs. Lawson, 4:30 p.m.
- May 11 vs. LeBlond, 4:30 p.m.



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BOYS' TRACK

Cold weather doesn't slow down practice

By Tony Botts
Comm. Sports Editor

While the track at Maryville High School was still drying out from the snow, boys' head track coach Chris Holt already had his boys preparing for track season.

For now, Holt brings his team together for conditioning workouts.

"We're probably the only part of Missouri covered in snow still," Holt said. "We won't be able to get on our track for at least another week. I can't imagine it will be ready before next week. We have some testing stuff, some

preliminary testing stuff we do every year; those are on hold right now."

While he preps his team by focusing on their conditioning early in the season, Holt must also begin to focus on replacing the majority of his team points lost with the graduation of last year's senior class.

"[We] have a lot of questions," Holt said. "We didn't have a lot of seniors last year, but what we graduated was a huge part of our track team and I would say 80 percent of our scoring. We have 40 kids out, so I have a lot of question marks. We got a lot of tough kids

who I know are going to work hard, but some of them are new to the sport, so we are going to have to kind of judge their talent and put them in the right spot."

After winning the Conference Title two of the last three years, Holt believes they still could be considered a pre-season favorite.

Holt is sure that regardless, the kids know how to compete and know to work hard.

"When you're mono-e-mono next to a Maryville kid," Holt said. "I'm going to take the Maryville kid just because our kids know what it takes to be successful."



file photo

SENIOR SPRINTER AND 4x400 relay runner Evan Johnson competes at the Maryville High School track. The boys' track team has won the Conference Title two of the last three years.

GIRLS' TRACK

JUNIOR
MULTI-
DISTANCE
SPRINTER

Taylor
Gadbois
competes
at the
Maryville
High
School
track.
Gabois is
returning
to compete
in multiple
events.



file photo

Girls' look to build on last year's success with returning talent

By Tony Botts
Comm. Sports Editor

The conditions outside are nowhere near typical conditions for the girls' track season, but head coach Grant Hagemen is still looking forward to the upcoming season.

"I'm really excited about track," Hagemen said. "As a team last year we only lost one meet and we were District champs, Conference champs

for the third year in a row and that will continue to be the focus as the team part of it and it always has been. Track is a pretty individual sport, but we want the individuals to work as hard they can so they can contribute to the team part of it. That has been a successful equation for us, so we will keep attacking it that way."

Returning this year for the Spoofohounds is State Champion long jumper, senior Jordan Steins, who recently

signed a letter of intent to run track at the University of Nebraska-Lincoln. Hagemen also looks forward to watching her compete in the hurdles and high jump events.

"She brings a lot of confidence," Hagemen said. "She scores a lot of points for the team, obviously, but her work ethic in practice is second to none. When the other girls see that, I think it's contagious. Just having the work ethic and the talent and her ability kind

of makes everyone want to get better and makes sure they don't let down the team, and make sure we win all those meets."

Junior Taylor Gadbois returns to compete in various sprinting events.

Hagemen said he also feels there will be newcomers to the program, and younger returning athletes who he hopes will perform early on and compete at the varsity level.

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MHS SOCCER

Spoofhounds start season with big goals in mind

By Jason Lawrence
Sports Editor

With 15 players returning from the team that went 11-7 last season, head coach Bayo Oludaja has high expectations for the Spoofhound girls' soccer team.

"I expect the whole team to step up from where we finished last year," Oludaja said. "Beyond that, I want the girls, especially the seniors who have been around for four years, to have a very good season. This will be their last high school soccer experience and I want it to be a positive one."

The team finished second in conference last season, behind rival Smithville.

"Our goal will be to finally beat our rival, Smithville," Oludaja said. "Of course our other rivals, too."

The team only lost four seniors from last year, but lost an additional three due to scheduling conflicts that wouldn't allow those players to participate.

"We have several new girls and I want them to have such a positive experience, that they want to come back and stay in the program," Oludaja said.

With practice just a week in, Oludaja said he was impressed with the girls' attitudes.

"The first three days, we really drilled them," Oludaja said. "It was purely conditioning. It's hard for them, especially if they haven't been keeping up with something physical. So, just to see them sticking with it, because some of them had real difficulties the first couple days, I think that's very positive. That goes a long way in terms of what we can accomplish this season."

The team suffered several injury problems



file photo

JUNIOR FORWARD AMY Van de Ven splits two defenders on her way upfield. With 15 returning players from last years squad, the 'Hounds are looking for a strong season from an experienced team.

last season, with several key players missing significant time.

"I hope we'll be in good health," Oludaja said. "Everybody is in good health right now, and I hope it stays that way the rest of the season."

Oludaja just wants the team to understand soccer, because he knows they have what it takes to be successful.

He has instilled in his players his three work words: purpose, passion and pride.

"Purpose in the sense that they come to practice and play each game with a sense of purpose, that they set out to do something," Oludaja said. "They have to do it with passion. I told them, if they have that sense of purpose and they go out there with passion, then the end result will be satisfaction. You also have pride in terms of their accomplishments. That's what I reminded them, I don't want that just for soccer. I want that for their studies and anything they do in life."

SCHEDULE

- March 23 vs. Cameron, 4:30 p.m.
- March 25 vs. Lafayette, 4:30 p.m.
- April 1 at Savannah, 4 p.m.
- April 6 vs. Auburn, Neb., 4:30 p.m.
- April 8 at Lafayette, 5:30 p.m.
- April 13 vs. Benton, 4:30 p.m.
- April 15 at KC Northeast, 4 p.m.
- April 20 vs. Chillicothe, 4:30 p.m.
- April 27 vs. Smithville, 4:30 p.m.
- April 29 at Benton, 5:30 p.m.
- May 4 at LeBlond, 5 p.m.
- May 6 at Cameron, 4:30 p.m.
- May 11 vs. Savannah, 4:30 p.m.
- May 13 at Chillicothe, 4:30 p.m.

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